

## Notes from the Food Guru

So your food planning is beginning! It doesn't have to be a chore! Don't stress! The easiest fix is simply to look at our preplanned menus and choose one! Here's some commentary from years of river experience, as well as a wealth of knowledge passed down from all the private trips we've packed for!

You already know that you will probably eat better on your canyon trip than you ever do at home. Since when did you ever eat 3 square meals a day at home, or not eat leftovers at least twice a week? All of our menus have healthy, wholesome ingredients that will keep you well fed!

Every menu comes with a full compliment of staples and sundries. These provide you with all the necessary condiments & spices for preparing meals. Your food pack also includes all the non edibles such as paper towels, Ziplocs, dish & hand soap etc. **(Please check out the staples/snack/sundries.pdf)**

### **A few thoughts!**

**Breakfasts** – Although lots of huge, hot breakfasts sound exciting, we find most people really don't want to spend a lot of time in the kitchen in the morning. They'd rather be drinking coffee looking at the view or getting a head start on packing their boat for the day! Having a handful of just cold & hot cereal mornings is an easy fix!

**Lunches** – Variety is nice, but if you want to do a lot of hiking it's nice to be able to have a pack lunch. Some trips just pull out the lunch stuff at breakfast and have everyone pack their own lunch. The beauty of a pack lunch is that you can eat whenever you want! This saves time of not having to do the entire lunch set up midday! Some of our lunches require a little prep the morning of, for example: hummus & tabouli, pasta salad, hardboiled eggs. A few need a bowl at lunch, like tuna, chicken or salmon salad, veggie and ceasar wraps. The 20 mil lunch box has all the condiments you need and usually all the lunch items are in one cooler for ease of finding things. It's always good to look at the lunch menu during breakfast to make sure everything you need will be accessible when you stop for lunch, such as apples, oranges, lemons, limes, special ingredients for that lunch. I challenge you to eat all your fruit! Slice up apples & oranges with lunch to encourage eating, or take a whole piece for a hike!

**Snack Box** – Heaven forbid you forget that the snack box exists! These are for anytime, anyplace! Add some things from the snacks box to spice up your pack lunch or grab a bite if you need a little sugar rush before running Hance Rapid! (In the summer time the chocolates are usually hiding in the lunch cooler!) Your goal is to eat it all! Who ever ends up with this box on their boat will either be really popular or really full!

**Dinners** – There are suggestions with each meal on how to prepare the food. But on the other hand, if you are a whiz in the kitchen be creative. Don't be shy with those spices.

Keep an eye on your produce. If something is ripe and needs to be used, by all means use it! Don't wait for it to rot so you can throw it away. You won't starve down the way, I promise!

**Use your leftovers!** Toasted bagels or English muffins leftover from breakfast give some great variety at lunch or just a good mid morning snack. If breakfast doesn't call for bagels but you know you have extras from a previous meal, pull them out!!! If your boat with lunch bread flips and gets soggy think about enforcing the open face sandwich rule, or use tortillas. We rarely see a trip that uses every single tortilla.

**Boatman!** - You are responsible for knowing what is on your boat! Keep your cooler neat and drained. Check your milkcrates with fruit & veggies to make sure they are in good shape. Pull out anything that is going bad so it doesn't affect everything else.

### **Specific menu comments**

**\*Any 18 day menu can end on day 16 for a summer trip.**

**\*Any Day 18-24 menu can be added to an 18 day menu for longer trips.**

**\*25 Day trip menus tend to be geared towards short, cold days, and maximizing space**

**\*Talk to us about accommodating vegetarians or gluten free folks for any menu.**

**Cost per person/per day** – this cost will vary from \$15 - \$20 person/day for most set Ceiba menus depending on how many people are on your trip and the number of days. The “Economy Menu” will vary from \$13.50 - \$16 per person/ per day.

Please feel free to call us with any questions about any food menus or issues!